

## NEWSLETTER: December 2012

### Christmas Newsletter Already !!!

### Merry Christmas to all our Yoga Students: Be safe, happy and Well.

So soon we have arrived at our last week of classes for 2012 and how quickly the time has passed. On reflection we, (the yoga teachers) have enjoyed teaching our wonderful, dedicated students. We thank you for your continued energy and support of not only our Yoga School but the support and nurturing you give to yourselves. It is so important to give to yourself and have personal time away from the family, our occupations and all other responsibilities.

On a personal note, I have enjoyed not only teaching my students and sharing the community of our yoga classes but I have participated in some fantastic Yoga workshops: Shoulders with Judith Hanson Lasiter and the Yoga Sutras with Kausthuba Desikachar.

Our **Yoga Retreat** this year held in October at the Quest of Life Foundation in Bundernoon was a great success. We really enjoyed a special time with our 25 students who embraced all the sessions we delivered and thanks must go to Amanda, Cathy, Lynne and our special guest Yogini Janet Stevens.

Don't miss our retreat next year to be held in September 2013, again at the Quest for Life Foundation. . . . We all decided it is ideal for our future retreats and it provides us with a great space, comfortable accommodation (which is to be renovated further I am told before our next visit) and spectacular vegetarian food. Watch for the date announcement next year.

I hope you will join us again for another year of Yoga Practice in 2013. See below our plans for activities and workshops in 2013

*Merry Christmas to everyone. Xxxx Liz*



**What is Happening next year?** As well as our planned retreat to be held in September, we have some additional workshops you may like to join.

### **Meditation 1 - 8 Tuesdays starting 26th February to 16th April 2013 (8 weeks)**

Every one of us deserves to be able to say:  
I am filled with peace... and love... and understanding...  
My mind feels light and free from worries...  
I am content.

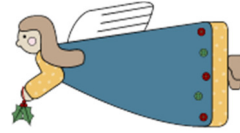
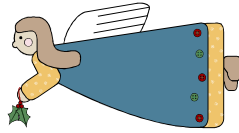
Join Margaret North for this wonderful introduction to meditation and if you have already joined this 8 week course please consider the **Meditation 2** Course that will start in January 2013 ( date to be advised)

### **Balance Workshop**

Saturday 23rd March 2013, 2-4pm

Learn about your posture, feet and legs to noticeably improve your balance and safety.

With Margaret and Melissa. Limited numbers \$39. Book by telephone or email



**Monthly Mini Retreat.** 1 Saturday per month (10 sessions total) 2-4pm . Starting Date to be advised.

This is a new series of Yoga sessions that we hope will provide a balance of Yoga Philosophy, Asana ( posture) technique, Personal body alignments, Anatomical focus, Breathing (pranayama) techniques, Restorative Asanas and an opportunity every session to enjoy a 20 minute Yoga Nidra ( Deep Relaxation). Come to all 10 sessions or select individual sessions.

These 2 hour sessions, once per month will be like a monthly mini retreat and a great time to learn so much more about yoga as a practice and modality toward better health and wellbeing. These sessions will be conducted by the Teachers of the Kuring-gai Yoga School. Limited numbers \$40 per session or session package bundles for savings. \$\$\$

**Yogic detox tea:** when you are feeling a little over loaded after those Christmas meals and celebratory party snacks and drinks this detoxing tea may do the world of good for you.

Help your body out a little by detoxing gently each day with spiced hot water.

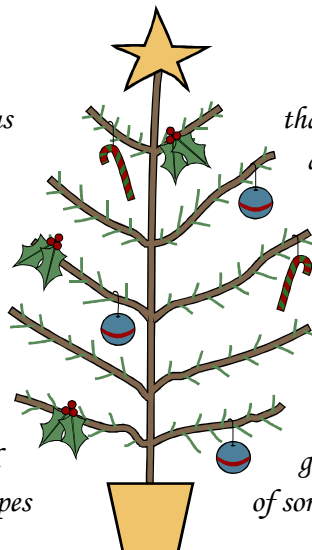
1/4 tsp coriander seeds, 1/4 tsp of cummin seeds and 1/4tsp of fennel seeds. Mix with 1.5 litres of hot water. Sip throughout the day. (Note: You can make this tea in your thermos each morning, so you can carry it everywhere with me you) I also sometimes include a cinnamon quill

### **A little Yoga Wisdom:**

*Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked. ~ The yoga sutras of Patanjali*

*Yoga is about clearing away whatever is in us way. With yoga, we become aware of how heart — and how gradually to open and cleared, our energy is freed. We start to feel Our lives begin to flow — or we begin to*

*Yoga does not remove us from the reality or our feet firmly and resolutely in the practical we return to the life we left behind in the hopes*



*that prevents our living in the most full and whole and where we are restricted — in body, mind, and release these blockages. As these blockages are more harmonious, more at one with ourselves. flow more in our lives. ~ Cybele Tomlinson*

*responsibilities of everyday life but rather places ground of experience. We don't transcend our lives; of something better. ~ Donna Farhi*

### **Dates for your Calendar**

**Classes in January:** Book in for Yoga Classes Wednesdays in January starting January 9<sup>th</sup> 2013. Please join us.

### **Classes for next year Term 1 2013:**

February 4th to 13<sup>th</sup> April (10 week term) (Easter break: 29 Mar to 1 Apr)

**YOGA FEES :** One class p.w. for 10 consecutive weeks - \$180. Any additional class \$17. **Two** classes p.w. for 10 consecutive weeks - \$320. Additional class \$10, 10 Consecutive weeks, unlimited classes \$380, Casual classes \$20 , Thin Yoga mats \$40 Thick Yoga mats \$50 Please remember to turn off your mobile Phone so you can feel totally in the present moment and avoid distractions to other class members. Thank you.

